

SCHOOL LIAISON LINK



Grand Forks AFB School Liaison Newsletter Volume 1, Issue 15, Jun/Jul 2012

"A happy person is not a person in a certain set of circumstances but rather a person with a certain set of attitudes."



Everyone Matters

Before You Go... Contact the SLO

With PCS season fast approaching, the School Liaison Officer (SLO) can help ease the impact of your next PCS/school transition. Get answers to your questions about your next location before you arrive. The school liaison can help connect you with the liaison at your next duty assignment, supply parents with a moving checklist, answer questions about how to choose a school or transfer your student's school records and help find local programs for the kids. Whatever your need the school liaison is here to help. Call Kelly Painter at 747-4484 or email to: kelly.painter@us.af.mil.

Headstart Class for 2012-2013 School Year

More families are needed for the fall class! Families usually qualify based on income if they are the rank of SrA and have 3 kids. If you would like to register or have questions please call the Headstart Office at 746-2433.

Grand Forks AFB School Summer Registration

School registration made easy! If you are just arriving at GFAFB and need to register your child for one of the on base schools, please click on the links below.

Carl Ben Eielson Elementary Registration:

Summer office hours (grades K through 3) for Fall registration: May 29 through June 15th: 8:30 am to 3:00 pm. July 31 until first day of school (August 22): 8:30 am to 3:00 pm

<http://www.gfschools.org/education/components/docmgr/default.php?sectiondetailid=20511&catfilter=2599#showDoc>

Twining Elementary /Middle School:

Summer office hours (grades 4 through 8) for Fall registration: May 29 through June 29: 8:00am to 3:00 pm. August 1 until first day of school (Aug 22): 8:00 am to 3:00 pm

<http://www.gfschools.org/education/components/docmgr/default.php?sectiondetailid=175&fileitem=17490&catfilter=ALL>

School Liaison Officer: Kelly Painter

701-747-4484

kelly.painter@us.af.mil

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Grand Forks AFB, Newest School Board Member

Welcome to Seth Lininger, newest member of the Grand Forks AFB school board.

SMSgt (select) Lininger comes to us from the 69th Reconnaissance Group.

GFAFB School Board Opening

The Grand Forks Air Force Base School Board is currently accepting applications for the position of School Board Member. One position is available to fill an unexpired term beginning August 2012 and ending June 30, 2014. Applications are available at Eielson School, Twining School, and from the School Liaison Officer at the Airman & Family Readiness Center. Completed applications are to be submitted to the principal's office at either Eielson School or Twining School, the School Liaison Office at the Airman & Family Readiness Center, or to the Business Manager at the Mark Sanford Education Center.

The deadline to apply is 4:00 p.m. on Friday, July 6, 2012. For questions about the role and responsibilities of a school board member, please contact the business manager at 746-2205, ext. 126.

sittercity

Department of Defense Paid Membership for All Branches of Service

Military families with children, this time of year can present challenges. Not only may a military family have just one parent at home during a deployment, but one in three military families will also have to move between May 15th and September 30th. One of the biggest problems families face when relocating to a new installation away from friends and family, is finding flexible childcare options they can count on. To help families navigate the unique challenges of military life, the Department of Defense has paid for memberships to Sittercity for the Army, Marines, Navy and Air Force families including, active duty, Reserve, and Guard. Sittercity is the nation's largest and most trusted website for finding quality local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors. Military families can activate their paid Sittercity membership today by visiting www.sittercity.com/dod. Sittercity's Government Program for military families provides instant access to over 2 million, pre-screened caregivers nationwide. Caregiver profiles include background checks, references, reviews, photos and much more. Sittercity's proprietary matching technology helps families hand-select the perfect caregiver for their family!

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Red Cross Babysitting Course

Date: Tuesday, July 24th

12 Spaces Available!

Time: 9:00am to 3:00 pm

Place: Airman & Family Readiness Center (North side of Bldg)

Fee: \$45.00 per person

Ages: 11 - 15 year olds

Youth will need a lunch/snacks and transportation to the class. They will receive a handbook and stocked babysitting bag!

To register call Kelly Painter @ 747-4484.

August Alerts for Your Calendar!

Education Fair - August 2nd

Join us at the Northern Lights Club from 10:00am - 3:00pm to talk with local school districts, community educational agencies and colleges. This event is open to all ages who are seeking information on the educational opportunities at GFAFB!

OMK Family Retreat

August 10 - 12

Operation Military Kids will be hosting a retreat for families from any branch of service. It's a time to relax and have fun together as a family! Open to families with kids 6 yrs and older.

Spend time outdoors and discover your family's strengths through team building, equine assisted learning activities, zip lines, campfires, and more!

Held at the Cooperstown Bible Camp Friday, August 10th (4:00 pm) to Sunday, August 12th (1:00 pm) More information will be posted soon.

Speak Out Military Kids Retreat

August 3 - 5

Youth who are 7th - 12th grade, come and enjoy the fun at Jamestown college! During this fun filled weekend, youth will be participating in summer activities as well as using your creative and technology skills to develop a video production telling your story of what it's like being a military kid! Look for more information coming soon!

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EFMP NEWS



Supporting the Siblings of Your Child with Special Needs

(Excerpted from: Military OneSource)

Living with a special needs child challenges the entire family—particularly siblings. Very often, these children feel slighted or forgotten, and are left to deal with uncomfortable feelings that are hard to understand on their own. Parents may unintentionally favor the special needs child not only with time and attention, but also by unfairly disciplining or assigning household responsibilities. Parents need to realize that how their children adjust to a sibling with a disability or chronic illness affects the social, psychological and emotional development of all children in the family. Recognizing your child's feelings and reassuring her that such feelings are OK can help her adapt to your family's special circumstance. You also can take specific steps to show your support and love:

Strategies for parental involvement:

- Look for a sibling support group so your child has an opportunity to interact with other siblings of special needs children. A professional typically facilitates such groups, which offer a fun time to express feelings in a nonjudgmental environment.
- Ask your child to be involved in the family challenge of accommodating the special needs sibling. Reading a bedtime story and helping to feed or dress are ways siblings can help. But, do not make involvement a chore or place guilt if your child refuses.

Emotional responses:

Your child's emotional response to having a sibling with a special need depends a lot on his age and developmental level, and will change over time. Although the following feelings are normal, they can be uncomfortable and scary, and often difficult to share with family members:

- **Resentment and anger.** A sibling may resent the time, attention, money and psychological support that is given to the special needs child.
- **Guilt.** A child may feel guilty for having bad thoughts about the sibling or for being "normal."
- **Fear.** Your young child may worry that she too will "catch" her sibling's condition.
- **Shame.** Being embarrassed of a special needs sibling is typical, and often more pronounced in a child who shares a physical resemblance with his sibling.
- **Loneliness.** A sibling can feel very isolated and unimportant.

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EFMP NEWS



Supporting the Siblings of Your Child with Special Needs (cont.)

When to be concerned:

Sometimes siblings need more than a parent can give. Consult your child's pediatrician or a counselor if your child:

- is extremely well behaved, and usually helpful or undemanding—a sign that your child is suppressing feelings
- is acting out to get attention (if not addressed, this may escalate to more harmful behaviors, such as setting fires, vandalism or using drugs)
- shows signs of depression
- is overly anxious

Inter -Agency Picnic

Lincoln Drive Park - Grand Forks June 21, 2012 4:30-7:30pm

FREE event for families! Come enjoy: Food! Entertainment! Games! Music!

Family Leadership Institute

Family Voices of North Dakota has information on "The Parent Leadership Institute" which will be held 8-10 June, 2012. The Institute will be held in Edgeley, ND. It is about 35 miles south of Jamestown. If you would like to register for this workshop please click on link below: <http://www.surveymonkey.com/s/656JH5Z>

Leadership Purpose: To provide family members with the tools to expand their grassroots advocacy efforts through coalition building and mentoring activities.

Participation Requirements: Applicants must be a family member of a child with special health care needs and must have an interest in leadership development and carrying that motivation to the next level. Applicants must be committed to attending the entire Leadership Institute.

Family Reimbursement: Meals and Lodging will be provided at no cost to parents. Mileage will be reimbursed to participants following the Leadership Institute.

Please note, as much as we would like to assist with child care there are not the funds to do so. Child care is also not available at the site.

Additional information and questions: Please contact Ms. Donene Feist the FV State Director on (fvnd@drtel.net). Ms. Feist can also be contacted on 888-522-9654.